

Our office has compiled important information about the Swine Flu and included resources for New Mexico residents to learn how they can stay healthy.

Swine Flu Info

Where can I obtain information about swine flu?

CDC has provided information on swine flu online:

- http://www.cdc.gov/swineflu/swineflu_you.htm
- http://www.cdc.gov/swineflu/key_facts.htm

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited.

Does the seasonal flu vaccine protect against this swine flu?

No. The H1N1 swine flu viruses are very different from human H1N1 viruses and, therefore, vaccines for human seasonal flu would not provide protection from H1N1 swine flu viruses.

What can people do to limit the spread of the virus and to decrease their risk?

Guidance for Residents of Affected Regions

CDC has identified human cases of swine influenza A (H1N1) virus infection in people and is working with local and state health agencies to investigate these cases. We have determined that this virus is contagious and is spreading from human to human. As with any infectious disease, we are recommending precautionary measures for people residing in affected areas

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.

Alcohol-based hands cleaners are also effective.

- Try to avoid close contact with sick people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- There is no vaccine available at this time, so it is important for people living in affected areas to take steps to prevent spreading the virus to others. If people are ill, they should attempt to stay at home and limit contact with others.
- People who live in these areas who develop an illness with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea, should contact their health care provider. Their health care provider will determine whether influenza testing is needed.

What medications are available to treat swine flu infections in humans?

There are four different antiviral drugs that are licensed for use in the US for the treatment of influenza: amantadine, rimantadine, oseltamivir and zanamivir. While most swine influenza viruses have been susceptible to all four drugs, the most recent seven swine influenza viruses isolated from humans are resistant to amantadine and rimantadine. At this time, CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with swine influenza viruses. More information on treatment recommendations can be found at www.cdc.gov/flu/swine/recommendations.htm

What is CDC doing to develop a vaccine for the virus?

As a precautionary step, CDC is working with this virus to prepare it as a vaccine seed strain should there be a need to make a vaccine against this particular virus. CDC is also working with partners across the government to understand the virus.

Can people get swine flu by eating pork?

Swine flu viruses are not transmitted through food, so you cannot get swine flu from eating pork or pork products. Cooking pork to an internal temperature of 160°F kills viruses and other foodborne pathogens.

If you feel well: Healthy residents living in areas where cases are being confirmed should take [everyday preventive actions](#)

. There is no vaccine available for swine influenza at this time.

If you are ill: Individuals who are sick with influenza-like illness (fever and one or two of the following: cough, sore throat, runny nose) are reminded to take [standard measures](#) to limit spread of disease such as frequent hand washing, covering their cough and avoiding going to work, school or other settings where they could infect others. Individuals should consult with their primary medical provider if their symptoms are not being managed effectively with over-the-counter medications or if they have other medical conditions such as pregnancy or chronic illness. If you become ill within seven (7) days of having traveled to Mexico, or locations in the United States and Canada where confirmed cases have occurred, you should take all of the above measures and consult with your primary care physician to determine if you need testing or treatment.

If you become ill at work: As is generally recommended, individuals who note the onset of influenza-like illness while at work should take measures to prevent the spread of disease such as leaving work in order to limit the potential exposure to others, cover their coughs and reinforce hand hygiene.

Below are some links with general precautions and advisories regarding the current swine influenza situation.

[Summary of Swine Flu Investigation and Recommendations](#)

[General Information About Swine Flu](#)

[World Health Organization Swine Flu Site](#)

[New Mexico Department of Health](#)